

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

**They Trouble is Permitted  
to Follow.**

Each and every trouble, you get a sallow, yellow complexion, makes you feel as though you have heart trouble; you may have plenty of ambition, but no strength; get weak and waste away.

The cure for these troubles is Dr. Kilmeade's Swamp-Root, the world-famous kidney remedy. It takes Swamp-Root you afford natural help to Nature, for Swamp-Root is the most perfect healer and gentle aid to the kidneys that is known to

**Find Out if You Need Swamp-**  
**Root.**

If there is any doubt in your mind as to your condition, take from your urine on rising about four ounces, place it in a glass or bottle and let it stand twenty-four hours. If on examination it is milky or cloudy, or if there is a brick-dust settling, or if small particles float about in it, your kidneys are in need of immediate attention.

**Swamp-Root is Purely Vegetable.**

Dear Sirs:—I had been suffering severely from kidney trouble. All symptoms were on hand; my former strength and power had left me; I could hardly drag myself along. Even my mental capacity was giving out, and often I wished to die. It was then I saw an advertisement of yours in the New York paper, but would not have paid any attention to it, had I not seen a review of your medicine with every bottle of your medicine, asserting that your Swamp-Root is purely vegetable and does not contain any harmful drugs. I am seventy years and four months old, and with a good conscience I can recommend Swamp-Root to all sufferers from kidney trouble. Four members of my family have been using Swamp-Root for four different kidney diseases, with the same good results."

With many thanks to you, I remain,

No matter how many doctors you may have tried — no matter how much money you may have spent on other medicines, you really owe it to yourself to at least give Swamp-Root a trial. Its stanchions are the friends today are those who had almost given up hope of ever becoming well again.

**medy, Will Do for YOU,**

**Sample Bottle FREE.**

**TO RESTORE FORESTS.**

**Burned Mountain Lands Planted to Incense Cedar and Pines.**

Many acres of burned land in the San Gabriel and San Bernardino mountains in southern California, have been planted to pines and incense cedar this winter by the bureau of forestry. Heavy rains have helped the planters; the seeds of the No-napper alighting have already germinated.

Water Association has subscribed \$200, and the board of trade of Pasadena \$300, to help in the expense of the planting. The country is alarmed by the steadily decreasing water supply; the growing of trees on the burned mountain sides, which conserve and regulates the flow of water, is a vital matter to the inhabitants.

A squad of ten to fifteen men under Mr. T. P. Lukens of Pasadena has been planting seed trees for three months. Knobcone pine has been planted on the dry, burned spots; incense cedar and sugar pine on the moist, cooler places, and western yellow pine on all situations. The work gives promise of excellent results.

given at St. Joseph's School Hall, corner of 21 and D streets northeast. The stage was tastefully decorated with red curtains and palms. One of the principal events was a play entitled "King Solomon." The following participated in the drama: Misses Gertrude Nolan, "King Solomon"; Clara R. Dorn, "Deborah"; Jennie O'Neill, "Judith"; Agnes Hayes, "Esther"; Helen Frey, "Morak"; Mary Collins and Mary Offendinger, pages; Master Carl Frohman, staff bearer; E. Dittoe, "Queen of Sheba"; Edna Hays, "Bathsheba"; E. Dillan, "Astrak"; Maud Bronson, "Nubia"; N. Kelly and B. Malsak, attendants; Elmer Dunn, staff bearer and dancer.

**Conducted Unlicensed Bar.**  
Hannah Moton, colored, was convicted in the Police Court this afternoon on a charge of conducting an unlicensed bar at her home, and was given the alternative by Judge Scott of paying a fine of \$250 or remaining in the workhouse for two months. The woman resides with her husband, Van Moton, who is said to be a preacher, at a point just south of the District line, near Brookland, and both were arrested on a charge of conducting an unlicensed bar. A murder had been committed near

Simms, also colored. The woman's husband, who was also charged jointly in the same information, was discharged from custody, there being no evidence against him.

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**New Naval Academy Plans.**

Representative Gaines of Tennessee has introduced a resolution calling upon the Secretary of the Navy for information as to the contracts made for plans for the new Naval Academy buildings.

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**I PERMANENTLY AND SAFELY**


# BLEMISHES

Moles, Warts, Freckles, Blotches, Liver Spots, Red Nose, Red Veins, Superfluous Hair and all Disfiguring, Un-sightly, Humiliating Blemishes that cloud the complexion.

Thousands of the smartest men and women throughout the land are hap-

and natural or otherwise perfected by my scientific treatments and operations. You can be made just as happy by calling or writing for any information you require to overcome the individual peculiarities of your own case. All information is free and the strictest privacy assured.

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 My scientific treatments never fail. Thirty years' practical experience. Call or write personally to

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